GYM
STARTERS.COM

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SMALL START UP GYM PACKAGE

Get up and running now with this commercial gym quality Start Up Gym Package! Ideally suited for start up gyms where members can do quick, full body workouts on their own or for a more intimate personal training studio where the focus is on personal attention and private instruction. A space saving gym package for the smaller fitness room, this start up gym package works well for apartment and hotel applications, womens only fitness centers and more.

Brought to you with our great Discounted Gym Package Pricing!

This Start Up Gym Package Consists of the following new commercial equipment:

2 Body-Solid T10HRC Endurance Commercial Treadmills
1 Body-Solid E5000 Commercial Elliptical
1 Body-Solid B3U Commercial Upright Bike
1 Body-Solid DPRS-SF Pro Dual Multi Press Machine
1 Body-Solid DLEC-CF Pro Dual Leg Extension / Leg Curl Machine
1 Body-Solid DLAT-SF Pro Dual Lat Pulldown with Mid Row Machine
1 Body-Solid DLCP-SF Pro Dual Leg Press / Calf Extension
1 Body-Solid DBTC-SF Pro Dual Bicep / Tricep Machine
1 Body-Solid DABB-SF Pro Dual Ab Crunch / Back Extension
1 Body-Solid DPEC-SF Pro Dual Pec Rear Delt Machine
1 Body-Solid DIOT-SF Pro Dual Inner / Outer Thigh Machine
1 Body-Solid GDCC200 Functional Trainer
1 Body-Solid GFID71 Adjustable Utility Bench

MSRP **$36,520.00**

SALE PRICE **$24,895.00**
delivery and/or installation are additional

YOU SAVE $11,625.00 on this Start Up Gym Package
BODY SOLID features commercial gym quality equipment that's both aesthetically appealing and functionally sound. BODY SOLID'S ergonomically designed machines feature 2" x 3" heavy steel mainframes, ergonomically designed machines, ultra thick double-stitched dura foam padding and more to help make BODY SOLID a premier choice for the modern fitness center. The BODY SOLID **E5000 Elliptical Crossstrainer** features the new Center-Drive Design that frees up valuable floor space. Check out these features below:

Body-Solid Endurance T10HRC Commercial Treadmill

The Body-Solid Endurance T10 Commercial Treadmill affords you a top quality workout! Endurance treadmills are built to perform to the scrutinizing standards of commercial health club equipment.

- Rigid Steel Frame Construction. Heavy-duty 2" x 3" and 2" by 4" steel frame construction delivers a rock-solid platform for hardcore cardio workouts. The Endurance T10 is built to withstand constant pounding and jarring.
- Lifetime Tread belt and Shock Absorbent, Low Maintenance Deck. Unlike other brands, Endurance tread belts are guaranteed for life. Plus, our ultra low maintenance phenolic deck employs a SRS (Suspended Running Surface) design supported by a multi-point shock absorption system. What this means is that your knees, hips, ankles and feet will feel comfortable, even during long marathon sessions.
- Extra Thick and Durable Tread Belt. Multi-ply tread belts are fusion-seamed for strength, flexibility and smooth travel over the phenolic deck. Unlike other brands, Endurance tread belts are guaranteed for life.
- Powerful Motor. Each motor is protected by P.W.M. (Pulse Width Modulation) technology and air-cooled for efficient performance. The integrated circuit breaker protects the motor and control boards from power surges.
- Bright LED displays let you monitor your running track and provide you with constant feedback on your workout, including heart rate, elevation, time, distance, speed and calories burned.
- Large Diameter Crowned Rollers. Casehardened steel rollers feature a large diameter design with a wide-radius crown to drastically decrease wear, substantially increase surface contact and provide superior belt tracking.
- Safety Key Stop System. Endurance treadmills will only operate when the safety key is engaged on the control panel. This gives you the ability to instantly shut down operation if you need to.
- Quiet Performance. The Endurance Poly-V Belt Drive System delivers an amazingly quiet workout experience, allowing you to watch TV or read a book without being distracted by machine noise.

- Programs: Endurance, Running, Interval, Cardiovascular, Walking, Custom Learner, Distance, Calories, Time, Manual, Fat Burn, and Heart Rate
- Feedback: Heart Rate, Elevation, Time, Distance,Speed, and Calories
- Heart Rate Technology: Heart Rate Control with Telemetric with strap
- Cool Down Mode: yes
- Display: Profile Matrix LED
- Safety Key Stop System: yes
- Accessory Holder: CD/MP3 & Water Bottle
- Speed: .5 to 10 mph
- Elevation: 0% to 15%
- Motor: 3.0 HP Continuous Duty, 8.4 HP Peak Duty
- Motor Control: Club-rated Digital Concepts P.W.M. with fuseless current limit and dynamic short circuit protection
- Deck: 18mm pre-waxed phenolic
- Shock Absorption: 6-point deck suspension
- Running Area: 20" x 60"
- Frame: Heavy-Gauge welded steel with textured powder coat finish.
- Rollers: Extra-large 2.5" Crowned
- Deck: 18mm pre-waxed phenolic
- Treadbelt: High Density 2-ply urethane
- Floor Space: 32"W x 77"D x 57"H
- Max User Weight: 350 lbs.
- Power Requirements: 120V US

Body-Solid E5000 Endurance Premium Commercial Elliptical

Designed for extreme durability, the Body-Solid E5000 Elliptical offers a commercial warranty.

The Body-Solid Endurance Center Drive Elliptical trainer is the perfect blend of research, engineering, performance and technology. Patented technologies have been applied to provide **a stable, space efficient platform to perform rigorous low impact full body workouts**. The combination of a natural stride, quality manufacturing and superior programming have created the latest evolution in cardio training. The E5000 uses an internal generator eliminating any power requirement. **Designed for extreme durability**, the E5000 carries a commercial warranty.

- Patented Center Drive design
- Blend of space efficiency and stability
- Low center of gravity combined with a balanced frame prevents rocking
- Easy step-up height

- Close pedal spacing combined with oversized pedals fits any size user and eliminates hip fatigue
- Includes handles for easy transport
- Commercial rated
- **Natural 21" stride**
- Self-generated power,
- Arched support frame for maximum durability and stability
- Wireless HRC with chest strap
- Contact heart rate
- Programmable, with five HRC programs, seven programs, and two user programs
- **325 pound user capacity**
- **Commercial Warranty: Three years Parts, One year Labor**

Body-Solid B3U Commercial Upright Bike

Featuring a variety of fitness programs and **16 Levels of variable magnetic resistance**, the **Body-Solid Endurance B3U's** self-generating electronics provide you with the constant feedback that you need to monitor your workout. Plus, with contact heart rate and advanced heart rate control programming, you'll ride smarter and more cardio-efficiently.

- **Heavy Gauge Welded Steel Construction.** The **Endurance B3U** boasts a beautiful silver metallic coat finish on a frame designed to accommodate up to a **400-pound user.**
- **Comfortable Design.** Competition-style handle bars with contact heart rate sensors and a 10-position touring-style seat with DuraFirm upholstery ensure a comfortable ride every time.
- **Quiet Performance.** The 24 lb. precision balanced flywheel and super-silent poly-V belt drive system mean the **Endurance B3U** will take you for a smooth quiet ride.
- **Profile Matrix LED display** provides you with an interactive conduit to the efficiency and monitoring of your workout, including *Contact Heart Rate Control*, time, distance, speed and calories burned. You'll also get feedback on resistance level, Watts and METS, helping you keep your workout interesting and effective.
- **Self-Generating Power.** A **commercial quality**, self-contained generator provides all the power needed to run the ergonomically friendly console with large, bright, easy-to-read display.

- **Rollaway Convenience.** Front transport wheels allow you to roll the **Endurance B3U** to a convenient corner or out-of-the-way area if need be.
- **Programs:** Interval, Random, Heart Rate Control, Fat burn, Weight Loss, Rolling, Cardiovascular
- **Heart Rate Control** monitors your heart rate and automatically adjusts to maintain your target heart rate.
- **Cardio Training** is the first step to a healthier heart, enabling you to strengthen your entire cardiovascular system.
- **Endurance Training** can help you fight fatigue in your daily routines, improve your overall mood and develop a healthy, fit appearance.

Body-Solid DPRS-SF Pro Dual Multi Press

The Body-Solid Pro Dual Multi Press leverages adjustability to provide the ultimate workout for maximum results!

- A unique **20-position adjustable seat and back pad** slide in unison, creating **multiple press angles** from flat through incline and vertical shoulder press
- **Heavy Duty Counterbalanced Press Bar** includes **5 adjustment angles** *and* pillow block bearing pivots for continuously smooth movement
- Multi function machine is biomechanically designed for **maximum chest concentration** and outstanding muscle development
- **Multiple press handles** provide **users of all sizes** with different grip angles to create variable exercises to concentrate on distinct areas of the **chest, shoulders and triceps** all on a single machine
- Weight Stack Shroud
- Instructional Exercise Placard
- Allow 89”L x 57”W floor area. 62” H. 516 lbs.

Body-Solid DLEC-SF Pro Dual Leg Extension / Leg Curl Machine

Engineered to provide a thorough quadriceps and hamstring workout comfortably and effectively

The **Body-Solid Pro Dual Leg Extension / Leg Curl Machine's** biomechanically accurate pivot point ensures **ergonomically correct body positioning** for natural and complete hamstring development. An **elliptical cam** keeps the user's arc of movement smooth and provides variable resistance through a full range of motion. The **recumbent DuraFirm back pad adjusts to fit any size user and eliminates lower back strain**. It also features pop-pin adjustable footpads to assure proper alignment, while the adjustable thigh pads provide stabilization during exercise. Hold-down grips **provide ultimate stability** for a worry free workout.

- Custom designed biomechanical seat with a **12-position adjustable back pad** to properly align users of all sizes
- **Oversized 9" diameter self-adjusting leg pad** provides comfort and proper alignment during both leg curls and leg extensions
- Leg pad has **7 adjustments for both leg curls and leg extension**s, providing a greater range of motion during either exercise

- Pop-pin adjustable thigh hold-down pad comfortably secures user and helps provide support during exercise
- Adjustable Seat and Leg Hold Downs
- Instructional Exercise Placard
- **Pop-pin adjustable thigh hold-down pad** comfortably secures user and helps provide support during exercise
- Weight Stack Shroud
- 210 lb. weight stack
- Allow 49”L x 39”W floor area. 62” H. 505 lbs.

Body-Solid DLAT-SF Pro Dual Lat Pulldown with Mid Row Machine

Body-Solid's Pro Dual Lat Pulldown with Mid Row Machine is engineered with a high pulley directly overhead for optimum back and shoulder isolation.

- **Extra Long Pull Down Bar** permits wide, medium or narrow handgrip position
- Adjustable leg hold downs holds user securely throughout exercise movement
- **Heavy 3 gauge** steel connecting plates
- Weight Stack Shroud
- Instructional Exercise Placard
- Allow 68”L x 33”W floor area. 83” H. 638 lbs.

Body-Solid DLCP-SF Pro Dual Leg Press/Calf Extension

The Body-Solid Pro Dual Leg Press/Calf Extension lets you get a leg up on strengthening your lower body muscle groups.

The **Body-Solid Pro Dual Leg Press/Calf Extension's** advanced design reduces spinal compression while allowing **full range of motion** in a natural biomechanically efficient movement. The machine features pillow block and sealed ball bearings for precision alignment and friction-free motion. The **fully adjustable DuraFirm™ back pad** has an ergonomically designed two-position press plate to provide users of every size with a complete leg and calf workout. With gracefully curved frames constructed from sleek, power-coated tubing that exhibits a modern, design-forward aesthetic, the Body-Solid Pro Dual Leg Press/Calf Extension builds form into function and value into a superior strength training syst em.

- Ergonomic recumbent seat with **12 position adjustable back pad** accommodates users of all sizes comfortable and safely for both leg press and calf exercises

- Wide rubber, matted **non-skid press plat**e and conveniently placed handgrips provide added stability during maximum pressing
- Four bar linkage and oversized pillow block bearings provide smooth, continuous movement throughout each exercise
- **2:1 weight ratio with a 210 lb. weight stack provides 420 lbs. of resistance**
- Weight Stack Shroud
- Instructional Exercise Placard
- Allow 78”L x 41”W floor area. 77” H. 580 lbs

Body-Solid DABB-SF Pro Dual Ab Crunch/Back Extension

Develops core strength by targeting Abdominals and Lower Back Muscles in a comfortable, seated position!

The **Body-Solid Pro Dual Ab Crunch/Back Extension** features a **unique rotation position** that provides correct, crunch style movement for maximum abdominal contraction. The **adjustable seat and foot hold down rollers** permit ergonomically correct pivot positioning.

- Counterbalanced resistance arm with 14 adjustable starting points
- Dual function **oversized 9" diameter adjustable roller pad** for comfort in use and proper alignment for both ab and back exercises
- **Biomechanically angled seat with 5 gas-assisted adjustable positions** is user adjustable to achieve proper pivot point for exercises
- **6-position adjustable leg pad / foot brace** provides stability for users of various heights
- 210 lb. weight stack
- High density foam rubber hand grips and handles
- Instructional Exercise Placard
- Weight Stack Shroud
- Allow 43"L x 51"W floor area. 62" H. 482 lbs.

Body-Solid DBTC-SF Pro Dual Bicep / Tricep Machine

Builds overall upper arm strength in a space saving design!

- **Independent arms with 5 adjustable starting positions** enable users greater range of motion, (ROM), as well as both unilateral and bilateral arm movements
- **Adjustable Arm Pad** to accommodate various users
- **14 Combined Adjustments** between the biceps and triceps exercises
- 3 position pivoting handles
- **5-position gas-assisted adjustable seat with back support** puts users of any size in proper position
- 200 lb. weight stack
- High density foam rubber hand grips and handles
- **Adjustable seat** to accommodate various user heights
- Instructional Exercise Placard
- Weight Stack Shroud
- Allow 40"L x 53"W floor area. 62" H. 501 lbs.

Body-Solid DPEC-SF Pro Dual Pec Deck/Rear Delt Machine

Develops inner pectoral muscles and rear deltoids safely, easily and efficiently

Featuring **dual overhead variable resistance cams** allow each arm to operate independently, providing unilateral and bilateral chest, back and shoulder conditioning. The uniquely designed articulating arms provide optimal pectoral and rear deltoid development and **have independent range of motion (ROM) adjustments** to accommodate users of all sizes.

- **Independent arms with 5 adjustable starting positions** enable users greater range of motion, (ROM), as well as both unilateral and bilateral arm movements
- **Extra-long** 360 degree rotating handles self adjust to the users path of motion for both pec and rear delt exercises
- EZ Use **5-position gas-assisted seat adjustment** puts users of any size in proper position
- 210 lb. weight stack
- High density foam rubber hand grips and handles for comfort
- **Adjustable seat** to accommodate various user heights
- Extended handle provides multiple gripping positions
- Weight Stack Shroud
- Instructional Exercise Placard
- Allow 57"L x 34"W floor area. 69" H. 525 lbs.

Body-Solid Pro Dual Inner / Outer Thigh Machine

The **Body Solid Pro Dual Inner / Outer Thigh Machine** features a **pop-in cam adjustment** to users to select their own starting positional and range of motion. Four sealed, pillow-block ball bearing systems provide a smooth inner thigh and hip concentration. The biomechanically accurate foot posts and ergonomically correct bent-knee design angled seat **eliminates lower back stress**. Users face forward towards the weight stack, providing **easy access**. It also features no-slip handgrips to assure user stability when exercising.

- **Range of Motion (ROM) adjustment allows user to work within their comfort range**
- Front shield design with easy access
- Easy-Adjust Back Support pad for extended comfort
- **Bent Knee design to eliminate lower back stress during exercise movement**
- E-Z Pop Pin adjustment
- Bio-mechanically correct foot posts to position user correctly throughout exercise movement
- 2” High Density foam padding
- Non-Slip handgrips
- Allow 72”L x 48”W floor area.

Body-Solid GDCC200 Functional Trainer

Work your core and a whole lot more! The **Body-Solid GDCC200 Functional Trainer** puts core stability within your grasp by offering a limitless variety of balance improving, coordination enhancing, user defined workout regimens.

Define the motions that are right for you and your individual workout goals. This **Dual Independent weight stack system** provides dedicated resistance with true iso lateral movements.

(Some Sample Exercises)

Core stability training can lead to improved balance, coordination and stability. **By efficiently working the body's stabilizer muscles though a limitless number of exercises**, the Body-Solid GDCC200 Functional Trainer offers strength building results to users of all sizes!

Unrestricted multiple planes of motion approximate the muscle activity required for many of the sports and activities you do in everyday life.

- **Commercial Gym Quality 11 gauge 2" x 4" Large Oval Tubing**
- Ergonomically designed adjustments and interchangeable cable handles provide hundreds of exercise options easily and efficiently
- **Vertically Adjustable Pulleys – Rehab Style –** allows for various starting points
- Traveling pulleys swivel smoothly throughout a 180 degree range of motion
- **20 independent height adjustments**
- Vertical carriage system features fiberglass reinforced nylon pulleys and locking, universal attachment connections.
- **Dual position Pull Up bar**
- **(2)** 160 lb. weight stacks
- High-density foam rubber handgrips and handles for comfort
- Allow 74.5”L x 40.5”W floor area. 83.5” H.

Body-Solid GFID71 Heavy Duty Flat / Incline / Decline Bench

- **Heavy-duty 2" x 3" steel frame**, the Body-Solid Commercial FID Bench
- Can easily handle a load **capacity of 1,000 Lbs.**
- Back and seat pads lock into eight positions to align the user’s body for perfect posture in all exercises
- Ultra-thick DuraFirm upholstery provides comfortable support through the most intense workouts.
- **Full Commercial Warranty**.